

Flower Essences

Flower essences are subtle liquid extracts prepared traditionally in a crystal bowl filled with pure water and pristine blossoms, and set in the morning sun. The properties of the blossoms are infused into the water by the warmth and energy of the sun. Certain essences are prepared during different aspects of the cosmos such as seasons, times of the day and according to the phase of the moon.

The concept of flower essences was developed by Dr. Edward Bach in the 1930's. Bach, a bacteriologist and homeopathic physician, had the inspiration that illness was preceded by an emotional climate held within the person. He worked with the flowers finding their individual properties or powers to free up the mental/emotional hold on the willing and feeling.

In 1934 Dr. Bach wrote the following concerning the way his flower remedies work:

"The action of these remedies is to raise our vibrations and open up our channels for the reception of the spiritual self; to flood our natures with the particular virtue we need, and wash out from us the fault that is causing the harm. They are able, like beautiful music or any glorious uplifting thing which gives us inspiration, to raise our very natures, and bring us nearer to our souls and by that very act to bring us peace and relieve our sufferings. They cure, not by attacking the disease, but by flooding our bodies with the beautiful vibrations of our Higher Nature in the presence of which, disease melts away as snow in the sunshine. There is no true healing unless there is a change in outlook, peace of mind, and inner happiness."

This is the phenomenon of resonance. The specific structure and shape of the life forces conveyed by each flower essence resonate with, and awaken, particular qualities within the human soul. Often clients will walk into the treatment room and the first words out of his or her mouth are, "I think I need a flower today."

These subtle remedies have expanded to include flowers from all parts of the world. The profundity of the remedies is something one must experience. After all, who doesn't love flowers?



Call us at 303-652-6475, or email postmaster@integratedhealthcareclinic.com for more information to or set an appointment.